


31 DAYS OF







# LIGHT & KINDNESS

DECEMBER 2025

MON	TUE	WED	THU	FRI	SAT	SUN
<p>1</p> <p>Notice when someone is kind to you today, and pause in gratitude.</p> 	<p>2</p> <p>Send a photo of something beautiful in nature to someone today.</p>	<p>3</p> <p>Step outside and notice sunlight, whether direct or through clouds. Let the light touch your face.</p>	<p>4</p> <p>Notice where there is light peeking in through doors and windows today.</p>	<p>5</p> <p>Doodle a sun or stars on a piece of paper. Hang it up to remind you of light and shadow..</p>	<p>6</p> <p>Place your hand on your heart and say, "I am worthy of kindness."</p>	<p>7</p> <p>Light a candle at the end of the day and give thanks for life and light.</p> 
<p>8</p> <p>Be kind to your body by giving it a drink of still, cool water.</p>	<p>9</p> <p>List three moments of kindness you've experienced this week.</p>	<p>10</p> <p>Close your eyes and imagine a world that is full of love and kindness.</p>	<p>11</p> <p>Step out into the night sky tonight. Breathe in the night air. What does the darkness mean to you?</p>	<p>12</p> <p>Today, hold the words "I carry light with me wherever I go" in your heart.</p> 	<p>13</p> <p>Think of a difficult moment in your life and name the people who brought light to your heart.</p>	<p>14</p> <p>Light a candle at the end of the day and give thanks for life and light.</p> 
<p>15</p> <p>Do something simple yet kind for a stranger today.</p>	<p>16</p> <p>Write a card, email, or text to someone who could use some kindness today.</p>	<p>17</p> <p>Repeat a kind word to someone else.</p>	<p>18</p> <p>Share a story of a kind deed you heard about.</p>	<p>19</p> <p>Make it a point to smile at someone today and wonder how that small act of kindness makes a difference.</p>	<p>20</p> <p>Think of someone who needs love or healing. Imagine light and kindness surrounding them.</p>	<p>21</p> <p>Light a candle at the end of the day and give thanks for life and light.</p> 
<p>22</p> <p>Be kind to the earth by picking up litter outside..</p>	<p>23</p> <p>Kindness Ritual: at the end of each day, remember an act of kindness either given or received.</p>	<p>24</p> <p>Notice light and shadows during a short walk alone or with a friend.</p>	<p>25</p> <p>Hold the words "Every small act of kindness matters" in your heart today.</p>	<p>26</p> <p>As you drift off to sleep, say to yourself, "I rest in light, I will rise in kindness.."</p>	<p>27</p> <p>What hopes and dreams do you have for 2026? Write them on a piece of paper and tuck it in a safe place.</p>	<p>28</p> <p>Light a candle at the end of the day and give thanks for life and light.</p> 
<p>29</p> <p>Step outside and notice how the light shifts as the year closes..</p>	<p>30</p> <p>Reach out to someone and share a word of gratitude for their kindness this year.</p>	<p>31</p> <p>Whisper this: 'I carry December's light and kindness. We cross the year together.'</p> 				

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